

HERE IT COMES

are you
ready for
the ride?



When riding on an Army installation:

- During hours of darkness or reduced visibility, bicycles must be equipped with an operable headlight or taillight.
- Riders must wear a reflective upper garment.
- Riders must wear a Consumer Product Safety Commission-approved helmet.
- Wearing headphones, earphones or other listening devices is prohibited.
- Yield to traffic when appropriate.
- Go with the traffic flow.
- Obey all traffic laws.
- Look before turning.



READY ...OR NOT?

Ready ... or Not is a call to action for leaders, Soldiers, Army Civilians and Family members to assess their “readiness” for what lies ahead—the known as well as the unknown.

Throughout our professional and personal lives, events happen all around us. We are often able to shape the outcome of those events, but many times we’re not. Navigating life’s challenges is all about decision-making.

So are **YOU** ready ... or not?



ARMY STRONG:



<https://safety.army.mil>